

Tu' Kwa Hone

Newsletter

Burns, Oregon

November 28, 2016

Community News:

Nov. 30, 2016—Tribal Council meeting at 4:00 pm at the Tribal Council building.

Dec. 2, 2016—Christmas Candy making from 9 to 1:00 pm at the Gathering Center.

Dec. 1, 2016—Tribal Council meeting at 6:00 pm at the Tribal Council building.

No Elder's breakfast due to the Elder's Luncheon on Dec. 13, 2016.

Christmas Bazaar at the Gathering Center

Saturday— Dec. 10, 2016 10:00 am to 3:00 pm
Fees: 1 table \$10.00 (extra table \$5.00 additional)

Contact person: Betty Lou Hawley @ 541-589-1444



Burns Police Tribal

100 Pacific St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Joe De La Rosa

541.589.6465

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.3382

Social Services Director / DOWA

Michelle Brodeur

541.523.3043 / 541.589.0171

Domestic Violence / Assault

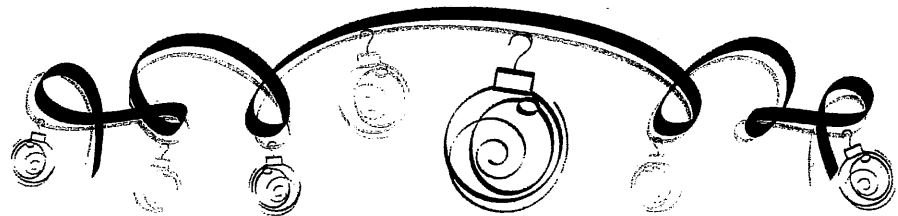
Teresa Cowling

541.573.8053 / 541.413.0216

Police After hours

Cell Burne Dispatch

541.573.6028



Christmas Candy Making Day

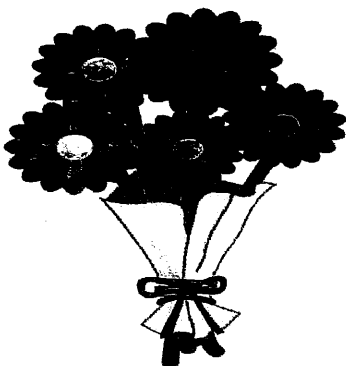
Friday, December 2nd
9:00 am to 1:00 pm

@ the Gathering Center

Help come make goodies to deliver to Tribal Elders!

We will have several craft tables and decorating the Christmas Tree!

Everyone Welcome!



All Job descriptions are posted on the bulletin board at the Administration Office

Tribal Research Technician

Job Title: Tribal Research Technician (1)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: Nov. 01, 2016
Closes: Open until filled
Salary: Commensurate to G 4/5/7 DOE

SUMMARY:

Assists in anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Uses knowledge and experience gained in the workplace of cultural anthropological methods, and applies that knowledge and training in every day work assignments. Works closely with the Project Lead to effectively complete assigned task. Assists in the performance of documenting office, home, and in-field interviews related to research subject locations. Assists the project lead in collaborating with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.

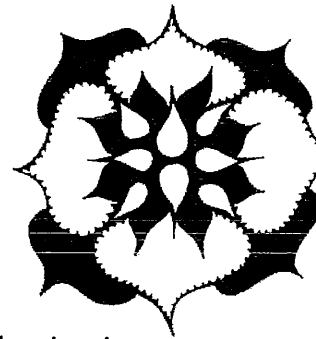
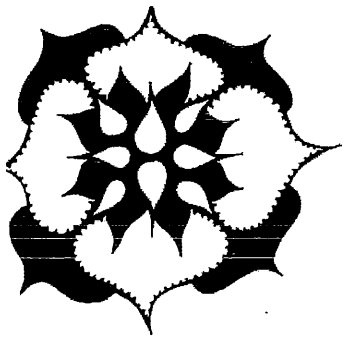
Burns Paiute Tribe

Job Description

Position: Community and Economic Development Director
Accountable to: General Manager
Salary Range: TBD/DOE
Classification: Management, Regular, Full-time

Summary

The Burns Paiute Tribe both a comprehensive plan and a community and economic development strategic plan identifying a number of strategic priorities to improve the economic vibrancy and overall quality of life. The Community and Economic Development Director (CEDD) provides a leadership role for the planning, coordination and implementation of the strategic priorities identified in the plans. Working under the direct supervision of the General Manager, the CEDD is accountable for successful execution of the strategic direction while ensuring the Tribal culture and heritage is sustained and enhanced.



Domestic Violence

Co-Dependent or Abused

For years' victims of domestic violence have been labeled co-dependent. The following is a set of characteristics of a co-dependent as offered by Co-Dependents Anonymous, compared with the reality of a women who is abused.

CO-DEPENDENT: I take responsibility for others' feelings and/or behaviors.

ABUSED: I am held responsible for my abuser's feelings and/or behaviors.

CO-DEPENDENT: I feel overly responsible for others' feelings and/or behaviors.

ABUSED: For my safety, I must be aware of my abuser's feelings and/or behaviors.

CO-DEPENDENT: I have difficulty expressing my feelings.

ABUSED: If I express my feelings, I jeopardize my safety.

CO-DEPENDENT: I have difficulty in forming and/or maintaining close relationships.

ABUSED: It is dangerous for me to form or maintain close relationships.

CO-DEPENDENT: I am afraid of being hurt or rejected.

ABUSED: Having been hurt and rejected, I fear re-victimization.

CO-DEPENDENT: I tend to harshly judge everything I do, think, or say, by someone else's standards. Nothing is done, said or thought "good enough."

ABUSED: My abuser harshly judges everything I do, think, or say. Nothing I do is "good enough".

CO-DEPENDENT: I question or ignore my own values to connect with significant others. I value others' opinions more than my own.

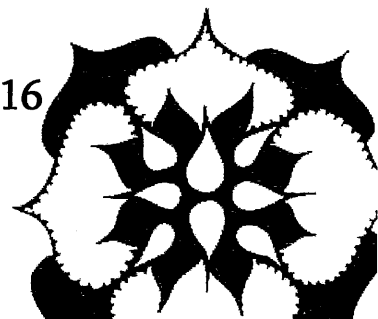
ABUSED: My values and opinions are questioned/ignored by my abuser. For my safety I do not express my own opinions.

CO-DEPENDENT: My self-esteem is bolstered by outer/other influences.

ABUSED: My self-esteem is systematically destroyed by my abuser's tactics.

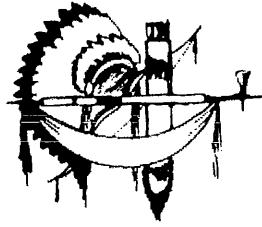


Domestic Violence/Sexual Assault 541-413-0216



**HOUSING
AUTHORITY
MEETING**

Wednesday,
November 30, 2016
At 4:00 pm



November 28, 2016

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cellular

541.589.2022

Brenda Sam,

Housing Assistant

Cellular

541.589.2647

**HOUSING
AUTHORITY
MEMBERS**

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,


Phyllis Miller

Members at Large

NOV 23 - DEC 21

The OWL

Birth Totem



Element: FIRE Color: GOLD Stone: OBSIDIAN

As Owls are believed to be the "Guardians of the Underworld," they are good at embracing their personal darknesses, spotting deception, and keeping secrets. Intuitive and perceptive, Owls love the acquisition of knowledge and bringing mysteries out of the dark. They place a high value on integrity and ingenuity.

While generally easy-going and friendly, Owls can also be bold and reckless. It is important for them to remember the art of tact while dealing with others, lest they be accused of lacking compassion.

Characterized by a constant need of freedom, whether real or perceived, Owls have trouble with the sensation of feeling tied down. They are very adaptable and thrive on change, and while this is advantageous in many ways, it can lend itself to trouble where solid commitments are required.

KOKOPELINI.COM

Colder

Temperatures

With the weather changing to colder temperatures here are a few tips to help prevent freezing pipes this winter.

INTERIOR OF HOME

- ♦ Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- ♦ When the weather is very cold outside let water drip from the faucet. Running water through the pipe (even at a trickle) helps prevent pipes from freezing.
- ♦ Keep the thermostat set to the same temperature both during the day and at night.

EXTERIOR OF HOME

- ♦ Remove, drain, and store hoses used outdoors.

******SAFETY ISSUE******

The Housing Authority will be giving each household on the reservation (one) 1 bag of ice melt to start this winter season. We are trying to assist in preventing slips and falls from ice.

If you would like a bag of ice melt the head of household or someone over the age of eighteen (18) from the household must come to the housing office and sign the sign out sheet that the ice melt was received for that house.

If an elder is unable to make it to the Housing Office to pick up the ice melt, please call the office and we will deliver it to you. 541.573.2327

CAUTION



watch for ice

Preventing Slips and Falls in Winter

During icy and snowy conditions, the incidence of injuries due to slips and falls increase.

Below are a number of suggestions which, if followed, can reduce the number of slips and falls or reduce injury if a fall occurs. Please read them carefully. Also remember to dress in appropriate attire.

TO AVOID SLIPS:

- ◇ Concentrate on the path ahead—take your time and proceed slowly.
- ◇ Where possible, avoid slippery surfaces take a route around obvious slippery hazards, such as wet leaves, ice areas and snow banks.
- ◇ Wear appropriate footwear—wear shoes or boots with rough (waffled, ridged or heavily textured) soles to work and change into dress shoes if you must wear them. The inconvenience of changing shoes is insignificant compared to the inconvenience due to a serious fall related injury.
- ◇ Use handrails wherever they are provided—a secure handhold can prevent a fall if you should slip.
- ◇ Check to be sure entrance halls and stairs are clear of snow and slush-tracked in

snow and slush often cause slips and falls.

- ◇ Beware of changes in walking surfaces—may falls are caused when someone doesn't release he/she is leaving a secure area for a slippery one.
- ◇ Clean your shoes when you go inside—caked snow and ice on shoe soles can be treacherous.
- ◇ ALWAYS REMOVE SNOW FROM PORCH AND WALKWAYS!!

IF YOU SLIP

- ◇ Try to /roll with the fall/if you begin to fall forward.
- ◇ Sit down if you begin to fall backward—when a falling person relaxes, an injury is less severe than when he/she tenses. Fighting a fall on ice can cause twisting or bending injuries which may be worse than the bump the fall would have produced.

ONCE...WE WALKED THE EARTH AND OUR BODIES WERE STRONG. ONCE...WE STARTED EACH DAY WITH DEEP BREATHES AND GRATEFUL THANKS FOR ALL AROUND US. ONCE...WE USED MEDICINES, PRAYERS AND CEREMONIES TO HEAL ANY SICKNESS WE HAD. NOW IT'S DIFFERENT.

WE CLIMB AN UNCLE MOUNTAIN SEARCHING FOR FRESH AIR. WE WALK AMONG AN EARTH DISRESPECTED. WE LOOK FOR PLANTS TO HEAL OUR WEAKENED BODIES, THE PLANTS ARE POLLUTED AND DYING, AS WE ARE. WE USE WHAT IS LEFT OF OUR CEREMONIES TO TRY TO CATCH OUR BREATH. WE ARE SUITCATED.

OUR CREATOR BREATHED LIFE INTO US...

HE HAS A MESSAGE:

"FOR THAT WHICH WAS TAKEN FROM YOU WILL BE RETURNED SEVENFOLD. OUR SACRED EARTH ~ IT'S TIME TO TAKE IT BACK."

~ NANCY RAC, JICARRILA APACHE



AMERIND Risk

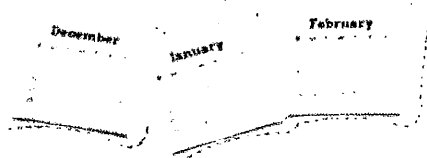
Tribes Protecting Tribes



Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Half of all home heating fires

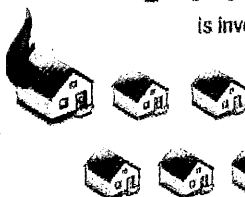
occur in the months of



Heating equipment

is involved in

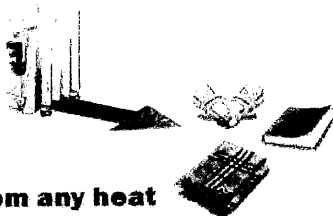
1 in every **6**



reported **home fires** and **1** in every **5** home fire deaths.

Keep anything that can burn at least

3 feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.



Keep portable generators outside, away from windows, and **as far away as possible from your house.**

Install and test carbon monoxide alarms at least **once a month.**



Have a qualified professional clean and inspect your chimney and vents **every year.**

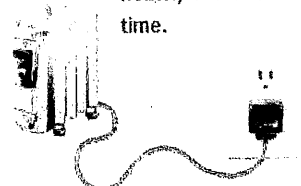


Store cooled ashes in a tightly covered metal container, and keep it outside at least

10 feet

from your home and any nearby buildings.

Plug only **1** heat-producing appliance (such as a space heater) into an electrical outlet at a time.



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.



Statement from the Chair on Behalf of the Oregon State Board of Education

In the wake of the outcome of the presidential election, many members of school communities throughout Oregon feel unsafe, unwelcome, and are deeply concerned. They hurt for themselves, their friends and loved ones, and, in many cases, for the country. Although reactions may be acute at this moment, it is important to note that this pain is nothing new for many Oregon students, families, and educational professionals—particularly those who confront racism, discrimination, and other forms of hate speech and acts on a routine basis.

In the context of an election that has heightened divisive political rhetoric, our shared commitment to inclusion presses us to give space to, and respect, multiple viewpoints. Oregon's schools should be venues for critical engagement in these diverse perspectives and for thoughtful dialogue. However, as educators develop strategies to engage these topics with students in a developmentally appropriate manner, we must ensure that all students and families feel safe and are welcomed in our schools. It is not a political act to support each other, to offer kind words, or to listen.

The Oregon State Board of Education stands together with all Oregon students, families, educators, staff, and communities to ensure that our schools are safe, and free from bullying, discrimination, and harassment. No one, regardless of their role, should be made to feel fearful in our schools or during participation in school sponsored events. We must vigorously respond to any incident, however seemingly small, that threatens safety. Moreover, we are steadfast in our commitment to equity and ensuring that ALL Oregon students have access to the full complement of educational resources and the opportunity to reach their maximum potential, regardless of race, ethnicity, nationality, socioeconomic status, gender identity, sexual orientation, and special education status. This commitment is measured by actions, not just words, and we must all do our part. In taking action, we need to give the concerns and experiences of our vulnerable community members standing in our interactions, and we must take the opportunity to learn and understand more about the sociohistorical injustices and struggles that have paved the way for social transformation in the past. These are the lessons we can apply to building renewed momentum for progress on equity and social justice.

We stand behind all efforts by Oregon's educators to support students and to ensure their safety and sense of belongingness. Likewise, we support all efforts to provide a welcoming and inclusive work environment for our dedicated teachers, staff, and administrators who are also affected by their own feelings of vulnerability as they work to support students. This is a time to use our voices to speak up when we detect injustice, and to listen with kindness and acceptance to the lived experiences of those who have suffered injustice. This is not a moment for passivity, but rather boldness; this is a moment to stand behind our commitment to the well-being of students, families, and communities across the state of Oregon.

Charles Martinez, Chair
Oregon State Board of Education



We have received a grant
from Nike to help keep our
students active.

This a Mini Grant and for
this year only .

If you need help!

Paying for sports fees, shoes,
or extracurricular activities

Up to \$150.00

Please contact: Lanette Humphrey@

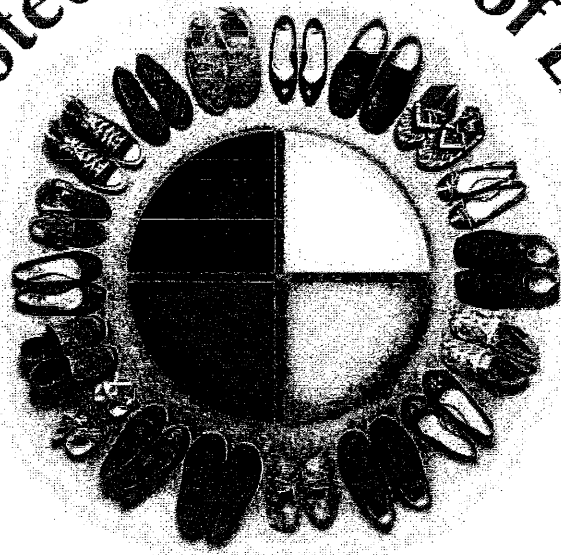
The Road To Wellness Center

541-573-8002 or 541-589-1633

This is for all native students who live within Harney County

Who are enrolled member or a descendant of a enrolled member of a
federally recognized tribe.

Protect the Circle of Life



THE FLU & YOU

What is influenza (the flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

Who should get a flu vaccine?

Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications, or if you live with or care for someone who is high risk for complications.

Your family may be especially vulnerable to the flu.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

SIGNS AND SYMPTOMS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
 - ♦ Cover your coughs and sneezes
 - ♦ Wash your hands often
 - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

PROTECT YOURSELF.
PROTECT YOUR PEOPLE.

**The influenza vaccine is safe.
You can't get the flu from the flu vaccine.**

People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). Hundreds of millions of flu vaccines have been given safely to people across the country for decades.

The viruses in the flu shot are killed and the viruses in the nasal spray vaccine are weakened, so neither vaccine can cause the flu. A flu shot can have mild side effects, such as soreness or swelling where the vaccine was received, a mild fever, or aches. Mild side effects of the nasal spray can include runny nose, headache, sore throat, and cough. Any side effects you experience are not contagious to others and should disappear within 2 days.

When should I get a flu vaccine?

It's difficult to know when flu activity will peak. So vaccination before December is best to ensure protection. However, even getting vaccinated in December or later can be protective because influenza disease can last as late as May. It takes 2 weeks after getting the vaccine for your body to develop an immune response against influenza.

Why do I need to get a flu vaccine each year?

You need a flu vaccine each year because influenza viruses are always changing and immunity wanes over time. Each year, experts identify the influenza viruses that are the most likely to cause illness during the upcoming flu season. Your flu vaccine protects against those viruses. It does not protect against other viruses (such as colds or stomach viruses) or against very different influenza viruses not in the vaccine.



**WHERE DO I GET A
FLU VACCINE**

- Your local healthcare facility (even if you don't have a regular doctor or nurse)
- Mobile and community-based immunization clinics that visit many locations
- Pharmacies and grocery stores where available

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

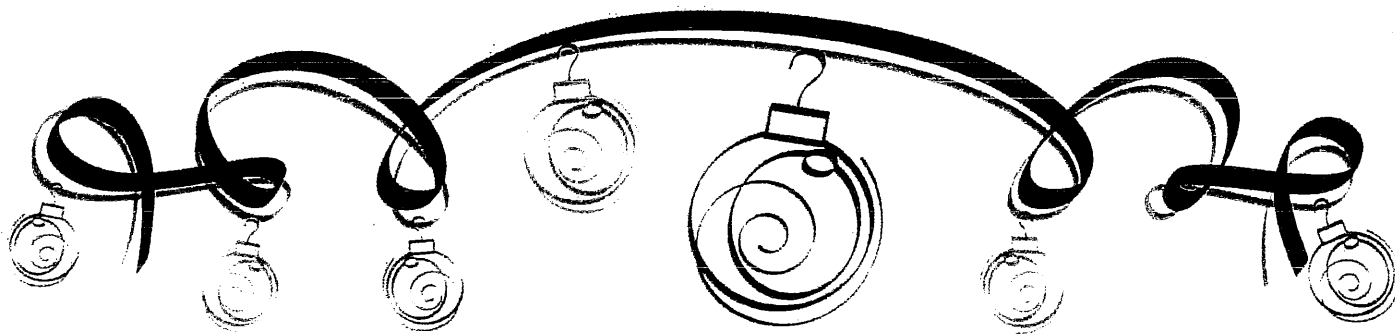
Local Information

Call
W H C
541-573-8050
18 years old and
older

**THANK YOU FOR KEEPING
INDIAN COUNTRY HEALTHY**

Learn more at www.cdc.gov/flu
or call 1-800-CDC-INFO





Christmas Candy Making Day

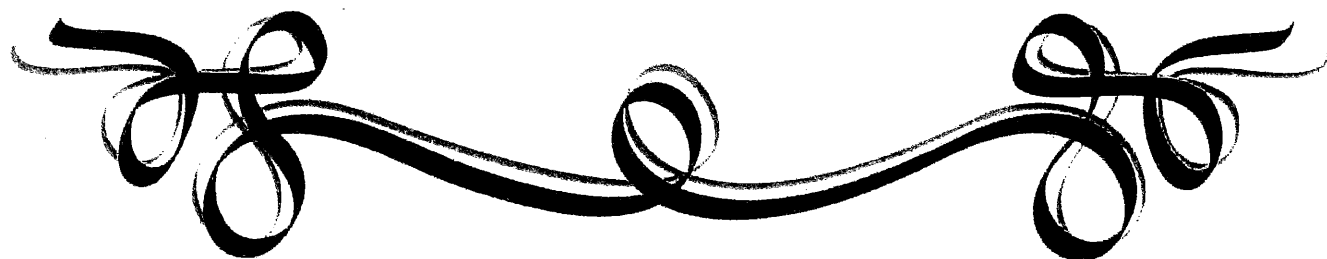
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9:00 am to 1:00 pm
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**Help come make goodies to
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**We will have several craft
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Everyone Welcome!



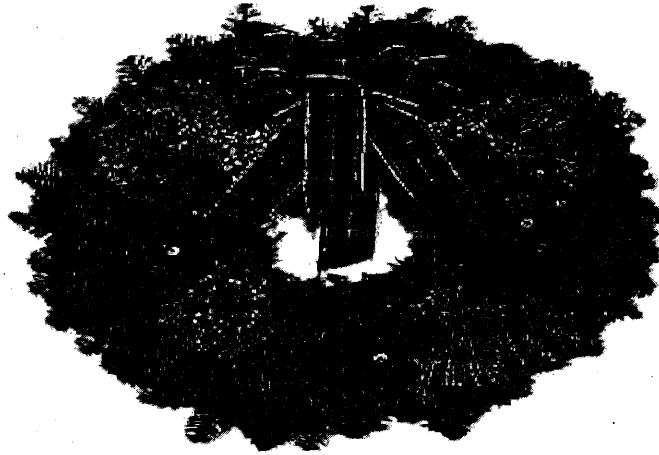
Chemawa Indian School

Craft Show

December 3, 2016

10:00 AM - 4:00 PM

Admission: Donation of canned food



**HAND CRAFTED GIFTS
and Native style gifts.**

Commercial items accepted upon review.

DOOR PRIZES

**Chemawa Indian School Gymnasium
3700 Chemawa Rd NE, Salem, OR 97305**

Vendors, contact Sonya Olson 503-399-5721 ext. 1284

Melinda Puerta 503-399-5721 ext. 1227

Email Address: sonya.olson@bie.edu

Sponsored by Chemawa Pow-wow Club - A non Profit Organization

Chemawa Is a Alcohol, drug and smoke free campus!

Guests over 16 years old will need to show photo identification upon entering campus.

**Holiday Craft Bazaar
December 3, 2016
Vendor Application**

You may call to reserve your space! However, payment must be received within 5 business days of contact. If no payment has been received within 5 business days, your space may be forfeited to a paid vendor.

Vendor space is very limited and we can only reserve your space once payment has been received.

Contact— Sonya Olson (503) 399-5721x, 1284 fax 503-399-5848 or Melinda Puerta 503-399-5721 X 1227 fax 503-399-5870. We check our voice mail on a daily basis and return calls in order received. You can also email us at: Sonya.Olson@bie.edu or Melinda.Puerta@bie.edu please make sure you put in title "Pow Wow".

Please make Checks or money orders out to "Chemawa Indian School" and mail to: Chemawa Indian School, 3700 Chemawa RD. NE, Salem OR 97305-1199 Attention: **Pow Wow Club**

It is up to discretion of Chemawa Pow Wow Club for space placements. We will try to work with you on placing you in preferred spot.

Set up Time: 8:00 am – 10:00am (Saturday)

Vendor Fee is: \$30.00 per **8' x 9'** space, vendors must accommodate walkways within their space if needed.

Food Vendor fee is: \$100.00 Food Vendors are located outside. **Food Vendors need to be pre-approved.** Please list food items you will be selling below.

Raffle Donation: An item of \$5.00 value to be donated to raffle table.

- ❖ **Security will be checking all vehicles for identification prior to entering the campus. Please be patient and cooperate with our security as they process the paperwork. All guests over the age of 16 will need to show photo identification upon entering event.**

No tables or chairs will be provided.

- **NOTE: If you do not arrive or call before 10:00am Saturday and you have not yet paid, your space will be given to the next available vendor.**
- EZ ups or canopies are not allowed in Gymnasium.
- **No selling of weapons and/or drug related items or items with any drug insignia.**

If weapons or drug related items are found to be sold, we reserve the right to remove vendor from Chemawa Indian School Campus.

**Chemawa Campus is Alcohol, Drug, and Smoke Free Campus. Please respect the rule and leave campus to smoke.
Thank you.**

DO not Park in Fire Lanes. Please NO PARKING on track or around gymnasium!

**Vehicles parked on track will be towed at owner's expense.
Chemawa Indian School is not responsible for any loss of items.**

Cut Here •

2016 Craft Show

12/3/2016

Exhibitor Name: _____ **Business Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

Day Phone :() _____ **Evening Phone:** () _____

Email: _____

Brief Description of Items Sold: _____

Preferred location (not guaranteed but will be considered): ___ GYM ___ Outside

I have read and understand the above information: _____ **Date:** _____

Vendor Signature

NOVEMBER

LUNG CANCER AWARENESS



SMOKING
CAUSES LUNG CANCER
QUIT SMOKING TODAY

FOR MORE INFORMATION

PLEASE CONTACT

1-800-QUITNOW

OR

LANETTE HUMPHREY

541-573-8002

OR 541-589-1633

**A KILLER
AT YOUR
FINGERTIPS**

